



STARTERS

		Kcal	Price
	Suffolk Smokies - flaked smoked haddock in a cheese sauce served with toast	500	£10.00
	Smoked haddock and leek chowder with petit pain	575	£10.50
	Spicy nduja rarebit on homemade focaccia toast with chilli jam	600	£11.00
PB	Crispy fried cauliflower with sticky Asian glaze and mixed salad	375	£9.50
V	Garlic breaded mushrooms with a mixed salad and garlic mayonnaise	390	£9.50
GFA/V	Soup of the day (see blackboards)	380	£9.50

FROM THE FRYER

	Adnams beer battered haddock and chips with peas, lemon and tartare sauce <i>50p from every fish & chips purchased is donated to support the charitable works of the Adnams Community Trust</i>	1325	£18.50
	Adnams beer battered smoked haddock and chips with peas, lemon and tartare sauce	1375	£21.50
	Wholetail scampi and chips, with peas, lemon and tartare sauce	1135	£19.00

MAIN COURSES

	Harbour Inn fish pie with prawns, salmon, cod, smoked fish and potato gratin, served with peas	980	£19.50
GF	Fish, coconut and mixed vegetable curry with steamed rice	450	£19.50
GF	Cajun spiced chicken breast served with French fries, salad and coleslaw	650	£18.00
	Suffolk pork sausages, mashed potato, onion gravy and peas	1050	£17.00
PB/GF	Homemade Five Bean Chilli with steamed rice	590	£17.00
V	Harrisa glazed halloumi served with Mediterranean style giant cous cous	550	£18;00

SIDES

GF	Chips / French fries , (add cheese for 50p)	425/495	£4.50
V	Garlic bread / cheesy garlic bread	250/325	£4.50
V	Dressed side salad	290	£3.00
V	Bread and butter	320	£2.00

OUR MENUS ARE LOCALLY SOURCED, RESPONSIBLY PRODUCED AND SUSTAINABLY DELIVERED

For dietary requirements or allergy information, please speak to a member of our team. Adults need around 2000 Kcal a day.



SANDWICHES SERVED 12-4PM

		Kcal	Price
	<i>All served with crisps and a salad garnish</i>		
v	Cheddar cheese and Stokes tomato chutney	545	£9.50
	Suffolk ham and Dijon mustard	420	£10.75
	Battered fish fingers, gem lettuce, red onion and tartare sauce	440	£11.00

CHILDREN'S PLATES

All served with chips or mashed potatoes and peas or salad

	Wholetail scampi	560	£8.50
	Battered fish	580	£8.50
	Suffolk sausage	490	£8.50
	Chicken goujons	470	£8.50

DESSERTS

	Sticky toffee pudding, toffee sauce and salted caramel ice cream	658	£8.50
GF	Chocolate brownie and vanilla ice cream	683	£8.50
	Suffolk Meadow ice cream and sorbet (please ask for current selection), price per scoop		£2.50

For more information on the Adnams Community Trust please scan the QR code



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